

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water
before breakfast to wash
out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folk who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

Penn's Descendant to War.

Vernon George Green, thirty-five years old, a musician, in applying at Sheerness for absolute exemption from service on the ground of ill health and conscientious objection, made the claim that he was the great-grandson of William Penn, who was born 272 years ago. In his written appeal he said:

"I was brought up under strict Christian principles not to take life in any form, my great-grandfather being William Penn, Quaker, founder of Pennsylvania. The tribunal refused exemption to Penn's descendant.—London Observer.

The Cause.

A Philadelphia woman has long purchased fish from a certain market dealer of that city. One day, when the prices seemed much too high, the housewife complained; and her complaint was met by the following rejoinder:

"Yessum, fish is high—yessum! Ain't no doubt 'bout that! Fish is awful high! Yo' see, mum, fish is gettin' scarce on account of all these heah aquariums!"—Youth's Companion.

Sarcasm.

"Haden't you better let me clip a little from the ends of your hair?" queried the tonsorial artist.
"Why from the ends?" queried the victim in the chair. "Can't you clip a little from the middle?"

Hens are exclusive; they like to stick to their own sets.

Well Built

Is Built To Win—

but in building brain and body, often the daily diet lacks certain essential mineral elements.

These necessary factors are abundantly supplied by the field grains, but are lacking in many foods—especially white flour, from which they are thrown out in the milling process to make the flour white.

Grape-Nuts

made of whole wheat and malted barley, supplies all the rich nutriment of the grains, including their vital mineral salts, those all-necessary builders of active brains and vigorous bodies.

To build right, eat Grape-Nuts.

"There's a Reason"



THE TIN SWORD.

Once upon a time, two swords hung on the wall of a real soldier's room. One was a large sword and had been in a real war. The other was a little tin sword which the real soldier played with when he was a little boy.

When he hung the big sword on the wall after he came home from the war, he said: "You are much larger than this little fellow beside you, but you have never killed Indians, and he has."

Although he laughed when he said it, the little tin sword felt itself of great importance, and it did not mind in the least the size of the big sword which was many times as large as it was.

That night, when the house was still and dark, and the only light in the room was from the dying embers on the hearth, the little sword said to the big sword: "Is it true that you never killed an Indian?"

"I have never killed anyone," answered the big sword with dignity.

"What is the use of being a sword?" asked the little one, "if you never have killed anyone. Why, I have killed so many Indians that I cannot remember how many."

"I have been in battles, too," continued the little sword, "and cut down the enemy, and once a dog was a bear and I killed him, too."

"How could a dog be a bear?" asked the big sword, taking notice of the little sword for the first time when it was not asked a direct question.

"Because the little boy said it was," replied the little sword. "And once a cat was a tiger, and we went tiger hunting, too."

"How about the Indians?" asked the big sword; "were they real or play Indians?"

"Real, of course," answered the little sword; "everything was real that we did. The Indians wore long trousers with feathers in the side of the legs and a band of long feathers sticking up around their heads. You should have heard them shout and give the war cry."

"Was there any blood shed?" asked the big sword, beginning to understand what the little sword was talking about better than it did itself.

"What is that?" asked the little sword.

"If you had ever been in real battles you would not ask?" replied the big sword.

"But you have never killed anyone and I have," said the little sword; "I do not see why you should say I have never been in a real battle when you have never done anything worth telling of yourself."

"There is a great deal to be done in a battle besides killing," replied the big sword. "I led the men who did the fighting and directed them. The general held me high above his head, so that all the soldiers who were following would know where to go and what to do, and I saw the enemy fall."



"I Have Been in Battles, Too."

ing all around me. But I do not like to talk about these things. Everything is peaceful now, and I am glad there is no red mark upon my shining blade."

"I guess if you had done such deeds as I have," said the little tin sword, "I'll sure that he was the hero, 'you would want to tell all about them.'"

"My dear little tin sword," said the big sword, "you do not seem to understand that you are not a real sword at all, but just a toy sword. The Indians you killed were little boys dressed in Indian costumes and played at being killed."

"Your battles were all make-believe, and the little boy who carried you has grown up and is a real soldier now. But don't you mind," said the big sword, as the tin sword began to rattle uneasily on the wall, "you were the first sword he carried and you were the one that taught him to honor his country, so you have a great deal for which to be thankful."

"We will divide honors. You were the first and I hope I am the last sword he will ever be called upon to carry for his country."

The little tin sword grew quiet and the last ember on the hearth grew black. The room was dark, all was still, and the little tin sword was asleep.

A SPELLING MATCH.

Ten little children standing in a line,
"F-u-l-l-y, fully," then there were nine.

Nine puzzled faces, fearful of their fate,
"C-i-l-l-y, silly," then there were eight.

Eight pairs of blue eyes, bright as stars of heaven,
"B-u-s-y, busy," then there were seven.

Seven grave heads nodding, in an awful fix,
"L-a-d-y, lady," then there were six.

Six eager darlings, determined each to strive,
"D-u-t-y, duty," then there were five.

Five hearts so anxious, beating more and more,
"S-c-h-o-l-a-r, scholar," then there were four.

Four mouths like rosebuds on a rose tree,
"M-e-r-r-y, merry," then there were three.

Three pairs of pink ears, listening keen and true,
"O-n-l-y, only," then there were two.

One head of yellow hair, bright in the sun,
"H-e-r-o, hero," and the spelling match was won!

—New Orleans Picayune.

ENCOURAGE BOYS AND GIRLS

Progress of Club Work in Pennsylvania Is of Special Interest—Many Clubs Formed.

In view of the support which has been given the movement in recent years information lately secured by



Corn Raised by Pennsylvania Club Boy.

the agricultural extension department of the Pennsylvania State college on the progress of club work among the boys and girls of Pennsylvania is of special interest. The statistics are as follows:

Twenty-eight counties have reported a total of 841 corn clubs, 39 potato clubs, 44 garden clubs, 187 live stock clubs and 664 miscellaneous clubs. Definite figures on the number of domestic science clubs are lacking, but it is known that such clubs are well represented. The total number of members in agricultural and domestic science clubs reported in the state is 5,290. Ages of club members range from eight to twenty-one years.

It is with a view to lending aid in the advancement of this movement that the Pennsylvania School of Agriculture has designated an individual to direct this phase of extension work.

MYSTIFYING CHEMICAL TRICK

Plain Blue Handkerchief Turns White When Warmed—Few Drops of Iodine Is Sufficient.

A plain blue handkerchief is shown to the audience. When the handkerchief is warmed it turns white and when heated resumes its former color. Make a starch paste and add enough water to the paste to thin it. Then add sufficient tincture of iodine to color the liquid blue; a few drops will be enough. Dye a white handkerchief with this blue liquid and when the handkerchief is dry it is ready for the trick.

RAISE A MOTORCYCLE STAND

Time and Trouble Saved by Use of Door Spring—Does Its Little Trick Automatically.

A motorcyclist may save the time and trouble of raising the stand when the machine is pushed off, by fastening one end of a door spring to the stand near the bottom, and the other end to a convenient place on the luggage carrier. While the machine is on the stand, the spring is stretched, but the removal of the weight releases it, and the stand is pulled back into place. —Popular Science Monthly.

Bliss of Ignorance.

There is a great deal of truth in the old saying that a man never knows how ignorant he is until a child begins to ask him questions.

"Papa," said little Ethel, aged four, "where does the daylight go when the dark comes?"

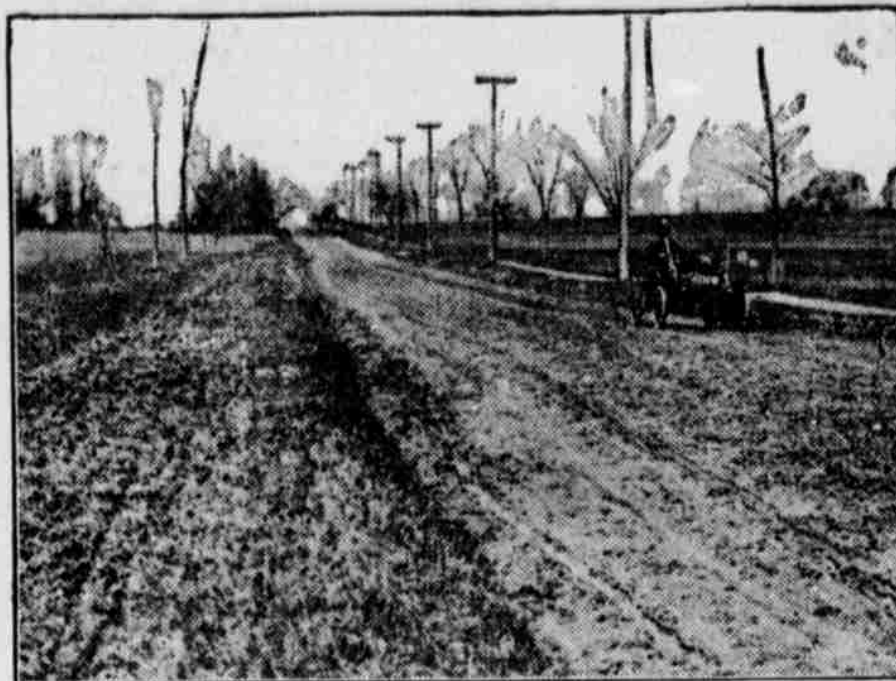
Light and Strong.

The bones of all flying birds are hollow, thus combining the greatest strength with the least weight.

RETIRING ROAD BONDS

Life of Highway, Not Economic Term of Bond, Should Determine Length of Loan

(Prepared by the U. S. Department of Agriculture.)



Teams Destroying Lawns to Avoid Mud Roads, Bennington, Va.

The proper method of retiring rural highway bonds is one of the serious problems which must be worked out by county commissioners and others entrusted with the expenditure of road funds. The three methods usually followed for meeting bonds at maturity are known as the sinking fund, annuity, and serial bond plans.

Sinking Fund Bonds. The majority of highway bonds now outstanding have been issued as straight terminable bonds to be retired by sinking funds. The term of these bonds varies from 10 to 40 years, with an average of nearly 25 years. The fund to retire them is accumulated by annual installments paid by the taxpayers, and is supposed to draw interest continuously and to accumulate a sufficient amount to discharge the debt at maturity. The interest which the sinking fund draws is usually from one to two per cent less than the interest paid for the loan. Five per cent highway bonds are common with the sinking fund calculated to draw three and one-half per cent interest.

The following table shows the annual payments which, with interest at three, three and one-half and four per cent, compounded semi-annually, will amount to \$1,000 at the end of a term of years.

Years.	3 Pct.	3 1/2 Pct.	4 Pct.
5.....	\$85.3590	\$95.3572	\$104.4796
10.....	87.1402	98.1268	107.1396
15.....	63.6780	61.7080	69.7928
20.....	37.1806	35.2409	39.4435
25.....	27.3469	25.6496	28.3829
30.....	20.9425	19.2739	17.7115

There are many objections to the sinking-fund method of retiring highway bonds. It may not be possible to obtain continuously the required rate

is small at first and constantly increases while the interest charge decreases. The sum of interest and principal remain constant, and this is an advantage as the tax is then uniform.

Serial Bonds. The serial bond differs somewhat from the annuity bond, because, instead of keeping the annual payment of both principal and interest constant, the amount of principal that is retired each year alone remains fixed. This type of bond has become more common for highway purposes in recent years, and during 1912 and 1913 the number of serial issues exceeded the number of issues for any other single given term. The office of public roads received reports from these two years for \$15,390,819 in the serial highway bonds, which is over 20 per cent of the total county and district bonds for which the period or term of issue was reported. The first retirement of serial bonds is sometimes deferred for a number of years.

The continued success of highway bonds as a means of road improvement will depend largely on whether or not the county authorities follow these principles of sound road financing:

(a) A steady and well administered system of meeting interest and providing for the retirement of bonds on maturity, whether by means of a sinking fund, by the annuity method, or through serial payments.

(b) The limiting of expenditures for road improvements to sums which are warranted by the actual saving in cost of hauling that the road improvement will effect. In this item may also be considered increased tonnage which follows road improvement.

(c) Expending bond moneys only on roads of such a character that a



Coralline Rock Road, West Palm Beach, Fla.

of interest on the sinking fund to discharge the debt at maturity. The existence of the sinking fund is a constant temptation to municipal officers to use it for purposes other than the purpose originally intended. If a county, for example, issues bonds for a second object, it is easy to argue that the sinking fund already accumulated may be used to purchase the new securities and the finances of the community are likely to become much confused. This is particularly true since the officers in charge of such operations are frequently changing. Sinking fund tax levies may be deferred through carelessness or under pressure of other needs. The sinking fund always requires careful attention, because it does not progress automatically in most cases. It has sometimes been entirely neglected. The total cost to the community of a bond issue retired by a sinking fund will be considerably greater in the end than the cost of the same bond issue made by either the annuity method or by the serial method.

By the annuity method of issuing bonds both the principal and interest are discharged by constant annual or semiannual payments. The amount of each payment or installment is determined by the term of the bond. It is usually necessary to subdivide the bond issue into individual bonds of \$100, \$500, or \$1,000 each. The resulting periodic payment of principal and interest must vary slightly because of this adjustment. Under the annuity plan the amount of principal retired

satisfactory share of this money may be regarded as a permanent improvement. This means that the bond issue should not be spread so thin over an exorbitant mileage that the improvement will be largely superficial and practically disappear in a very short time.

It means, also, that a large percentage of the bond issue should go into building a satisfactory and permanent foundation for the road which will call thereafter principally for resurfacing repairs, rather than for frequent complete reconstruction.

(d) Provision for proper maintenance and repair of a bond-built road throughout the life of the bonds, so that when bonds are retired the county will still have an actual and valuable property to show for its expenditure.

(e) Limiting the term of bonds so that the life of the bond will not exceed the life of the improvement.

HAULING OVER PUBLIC ROADS

Prevailing Cost in the United States Is About Twenty-Three Cents Per Ton Per Mile.

The prevailing cost of hauling over the public roads of the United States is about 23 cents per ton per mile. More than 350,000,000 tons are hauled over these roads each year, and the average haul is about eight miles, from which it can readily be seen that our annual bill for hauling over the public roads is nearly \$660,000,000.

Our Jewelry Will Please You

Even if you give it away, for a graduation or a wedding present, the jewelry you buy should please you first.

With the immensely varied lines we sell, we can easily please you.

Diamonds, rings, necklaces, pins, bracelets, brooches. Our modest prices make buying easy.

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MAKERS OF JEWELRY
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SALT LAKE CITY

Any size roll film developed . . . 10 cents

Any size film pack developed . . . 20 cents

Salt Lake Photo Supply Co.
159 S. Main Street Salt Lake City, Utah

TRAITS OF ANIMAL CREATION

Even the Most Famous Naturalists Have Been Unable to Explain Satisfactorily.

There are a great many strange facts about animals and insects that seem to defy explanation. Here are a few, an exchange says:

A fly will crawl to the top of a window pane, fly back to the bottom and crawl up again. Hardly ever does it fly up and crawl down. It has been known to repeat this former act over thirty times before stopping.

Hens always scratch for food with the sun behind them. A blind hen always manages to get the sun behind her when scratching, and she will miss but few bits of food.

Cats hardly ever lie with their feet to the fire. In most cases they lie instead with their left side to it. Dogs invariably lie with outstretched paws to the fire.

A mouse overlooks a perfectly safe food supply, sufficient for a meal or two, to enjoy the perilous pleasures of an unlimited store. It will hide near the food and come out to nibble when hungry, for it is not true that a mouse will seek its hole at the first alarm.

If a small snake is kept in captivity and fed and cared for, it will become tame, and after a few months crawl to its captor for food, when approached. This is true especially of the small and harmless varieties.

The unerring ability of the homing pigeon to find its former abode is not due to a sense of location, but rather to a natural instinct, which cats and dogs have displayed when taken from their homes.

Will Kill Germs on Pencils.

Of the 50,000 school children in this country who are the annual victims of preventable disease, there is no doubt that a goodly per cent of them contracted disease from the habit of sucking the points of pencils passed from hand to hand.

To prevent this transmission of deadly germs of preventable diseases a new device has just been invented, says an exchange.

It is a specially constructed rack upon which pencils collected from the children can be placed with the tips resting in sockets where they are acted upon by a formalin gas disinfectant, which kills all germs.

To get the best and safest results two sets of pencils should be kept on hand. While one set is in use the other can be undergoing disinfecting. Thus by changing pencils twice a day the danger of the spread of germs can be cut in half.

Different Kinds of Trains.

The boasted "Balkanzug" brings back holiday memories of all those different kinds of trains which the German language, after its habit, describes in one word. There were the Vergnuegungszug, the pleasure or excursion train; the Personenzug, corresponding to our parliamentary train; the Schnellzug, or express train; and, above all, that impressively named Blitzzug, the "lightning" train, which achieved the 105 1/4 miles in three and one-half hours.—London Chronicle.

Beauty of Work.

The beauty of work depends upon the way we meet it—whether we arm ourselves each morning to attack it as an enemy that must be vanquished before night comes, or whether we open our eyes with the sunrise to welcome it as an approaching friend who will keep us delightful company all day, and who will make us feel at evening that the day was well worth its fatigues.—Lucy Larcom in Christian Intelligencer.

Dorothy's Peril.

One day, when Dorothy's mother was reading to the little maid, she came to the word "gravitation." She explained its meaning, but thought the child would forget it. Consequently she was much surprised when, a few days later, Dorothy came running in, crying:

"Oh, mother! It's such a good thing for me there's a law of gravitation; if there wasn't I'd have surely tumbled head over heels into Heaven just now!"

Taking Chinese Census.

The inhabitants of China are counted every year in a curious manner. The oldest master of every ten houses has to count the families and make a list, which is sent to the imperial tax house.

Not Altogether to Blame.

Guest—"See here, waitress, you've kept me waiting here for half an hour, looking like a fool!" Waitress—"Sorry I had to keep you waiting, sir; but I're responsible for the rest."—Judge.